

**Training concept
for
metal colour light therapist**



Lichtblick e.V., Schwörstadt (D)

in cooperation with:

Filderklinik, Filderstadt-Bonlanden (D)

Blackthorn Medical Centre, Maidstone (GB)

Helios Medical Centre, Bristol (GB)

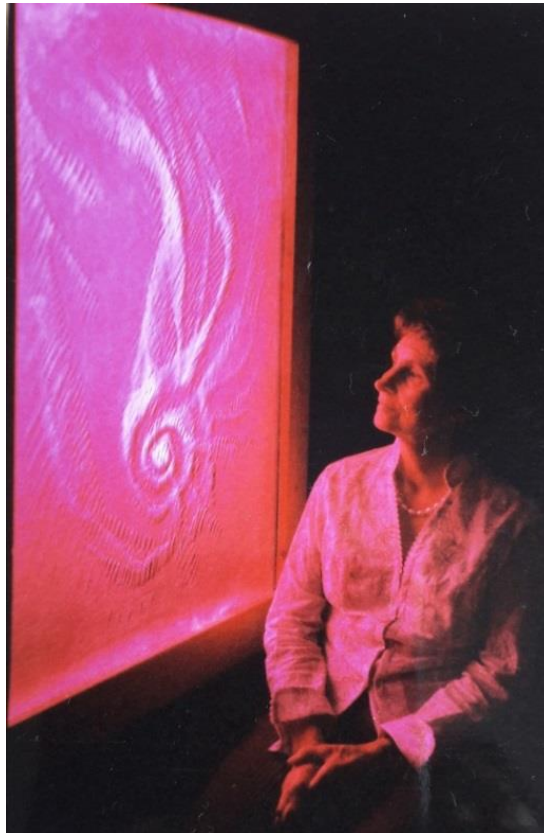
Vidar-Kliniken, Järna (S)

Therapeuticum Raphaelhaus, Stuttgart (D)

Lebensgemeinschaft Bingenheim e.V., Echzell (D)

Helios Center for Therapeutic Arts, Carbondale, Colorado (USA)

Private Practice for Art Therapy, Standish, Maine (USA)



Gold Purpur - Lichtblick, Marianne Altmaier

The original training concept from Marianne Altmaier will be at the basis of this training course.

The colleagues of Lichtblick e.V., the trained Metal Colour Light Therapists at their working places and external docents will do the training.

Modifications of training modules will be reserved for us.

We will keep in mind as best as possible the actual questions and needs of the international participants of training.

**Schwörstadt, July 2018
Friedlinde Meier and Lucien Turci**

Concept

The use of Metal Colour Light Therapy requires a sound education. The concept is orientated through 14 years of clinical and remedial educational experiences with the application of Metal Colour Light glasses as well as the qualitative and quantitative results of research for effects of this new therapy form.

The training will take place at atelier where the colour light glasses are made and in those locations where they are applied therapeutically.

Hence the training is mobile.

Conditions

The training is an additional one provided for: Anthroposophic therapists like art, music, curative eurythmy, doctors, natural doctors and remedial educators.

Period of training

Begin: in August 2019 about 3 years in 3 sessions in each case.

1st session of every training year will last 7 days and takes place in Lichtblick e.V. Schwörstadt, Germany, in working places for making and engraving glass and in the room for Metal Colour Light Therapy.

The winter and spring session (3 and 4 days) will be at locations where there is therapeutic work with Metal Colour Light glass. Both sessions will consist of a long week-end, beginning Thursday and ending Sunday.

Each training year students will take up a theme of the year for their own written work and will present it in the beginning of the next training year.

Observations with MCL-Therapists accompany the training, as well as an internship with first own therapeutic work for the case studies for the final work in 3rd year.

First year 2019/20

Summer module, expected for Sa.17th to Fr. 23rd August 2019

One week at Lichtblick e.V, Schwörstadt, Germany

Theme for the Year

How the Goetheanum window art transforms into a Metal Colour Light Therapy

Rudolf Steiner's intention for this art can be experienced in order to understand the impulse for transforming it into a new therapy form.

Visit to Goetheanum in Dornach and study of colour windows

- Study of windows of the 1st and 2nd Goetheanum
- Colour results, motifs, directions, art of the creations
- Wood sculpture of representative of human-kind

Presentation of colour glass processes

- Substances (quartz, lime, fluoride, metals)
- Transformation process
- How to come from metal to colour light glass

Dynamic drawing on coloured bases

- Sketch and engraving exercise of an own metal colour light motive

Winter module, Thursday till Sunday, expected for November 2019

A long weekend in Filderlinik, Filderstadt, Germany

Light metabolism in childhood

Support of different sickness

- Perception exercises
- Elementary concepts and individual modifications
how to guide Colour Light Therapy

Spring module, Thursday to Sunday, March/April 2020

A long weekend expected in Blackthorn Medical Centre, England

Evolution of earth and human being

Warmth – light/air – substances – motifs in colour glasses

- Perception exercises
- Results of the research

Further work on Goetheanum window motifs

- Painting

About application of particular colour windows for specific illnesses like pain and depression

- Examples of therapeutic work

For the end of the 1st training year

Each student will choose and deepen a theme of their individual questions from the first training year (written/artistic).

Second year 2020/21

Summer module, expected for the first weeks of August 2020

One week at Lichtblick e.V. Schwörstadt, Germany

Presentation of the final work of the 1st training year

Theme for the Year

The metals and their effects

During this training year the metals are shown under different aspects and in connection to the planets. Their effectiveness should be described by own experiences with Metal Colour Light glasses and how to find individual paths of therapy.

Metals in fairy-tale “Eros und Fabel” by Novalis

7 main metals

The speech of metals through Metal Colour Light

The musical sound of metals and their movements

Winter module, Thursday till Sunday, November 2020

Metals and their effects

Gold/Iron and related iron substances during production and creation

About effects of those metals: perception exercises and results of research

Metal Colour Light Therapy in curative education

Metal Colour Light therapy and musical accompany

- Loosen up spasticity, deepen breathing, inner and outer uprightness
- Presentation of therapy work
- The language of metals in motifs of Colour Light and music

Spring module, Thursday – Sunday, March or April 2021

A long weekend, expected in Bristol with perception exercises in Tintagel; England

The elements earth, water, air, light, warmth

- Perception exercises
- Movement exercises, connected to elements

Creation and effects to body, rhythmical functions, strength of mind and I

Iron, copper, gold in production process

Metal Colour Light Therapy in ambulance/private praxis

Iron, copper, gold – therapy observation and understanding

- Examples of therapeutic work

For the end of 2nd training year

Each student will choose a theme about how metal is working and independently deepens his questions.

Third year 2021/22

Summer module, expected for August 2021

One week at Lichtblick e.V., Schwörstadt, Germany

Presentation of year works of 2nd training year

Theme for the Year

About Destiny of man, mankind and metals

This practical training year should show exercises in order to understand the 12 colour light window motifs in connection with human destiny. Training ways of the colour light therapist will be acquired in order to understand the patient as well as one's own intentions.

Eurythmic exercises and gestures to 12 Therapy glasses

Last Supper of Leonardo da Vinci

- 12 window motives in connection to last supper and human destiny
- How the 12 motifs connect individually and generally

Ways of painting exercises in connection to Last Supper from Leonardo da Vinci

About destiny of metals

Winter module, expected, Thursday till Sunday, November 2021

About application of Metal Colour Light Therapy

- exercises for after image and after sound

Warmth, light and density as criteria for application

- For substances and transformation processes
- For creative and effective working (with exercises of self perception)

Presentation of research results out of the aspects of fourfold man

Perception of fourfold human constitution and therapeutic orientation

- About composition of therapy
- About after image of colour light and after sound on the viewer
- About therapeutic discussion

Spring module, Thursday – Sunday, March or April 2022

A longer weekend, expected in Vidar Klinik Järna, Sweden

Metals and polarities in metals, constitution and indication Colour and polarities of colour, after image

Metal Colour Light Therapy in Vidar Klinik and rehab hospital

- Metal Colour Light and changes in therapy
- Case studies

Eurythmy exercises with the zodiac

During the whole year

- Doing metal colour light treatments in an internship

Final Work

- Therapeutic theme connected to two case studies

Conclusion of training

Self-awareness with Metal Colour Light

Own training path

Metal Colour Light in connection with other therapies

Documentation and evaluation of two case studies

Handing over the final paper approx. till Whitsun 2022

End of training in Autumn 2022

Presentation of the final work to a committee

Certificate

accompanying literature:

Rudolf Steiner:

- *The Inner Realities of Evolution*
- *Occult Science, an Outline*
- *The Goetheanum Windows*
- *The Young Doctors Course, Lecture 4 Easter Course*
- *Mystery Knowledge and Mystery Centers, lecture 4*
- *The Mission of the Archangel Michael, Lecture 6. 30th November 1919.*

Marianne Altmaier:

- *Metallfarblichttherapie*

Rudolf Hauschka

- *Substanzlehre*

Wilhelm Pelikan

- *Sieben Metalle*

Alla Selawry

- *Metallfunktionstypen in Psychologie und Medizin*

Werner Barfod

- *Planetengebärden und Menschenwesen*

Friedrich Benesch

- *Zur Äthergeographie der Erde*
- *Leben mit der Erde*

Leonardo da Vinci's Abendmahl

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